

Bedwetting



Does your child sometimes wet the bed? Here are some things you can do to help your child.

By the time they are 5 years old, most children are able to sleep through the night without wetting the bed. Some children, especially boys, may continue to wet the bed into their teen years.

Give your child plenty of liquids (water, fruit juice, milk) early in the day. Limit fluids about 2 hours before bedtime.

During the day, encourage your child to try to wait 1 1/2 to 2 hours between urinating. This may help your child's bladder get bigger. Your child needs to urinate at least every 4 hours while awake.

Encourage your child to go to the bathroom just before going to bed. Be sure your child can get to the bathroom by himself or herself easily and safely during the night.

Teach your child to change wet clothes and bed linens. Younger children will still need help with changing the bed linens. You may want to use a plastic sheet under the regular sheet to keep the mattress dry.

Do not punish your child or make your child feel bad because he or she wet the bed. Children do not wet their beds on purpose. It is normal for some children to wet the bed. Their bodies may not be mature enough to stay dry all night.

If your child still wets the bed after trying the above suggestions for a month, take your child to his or her doctor or nurse practitioner.

If your child used to stay dry at night, but started wetting the bed recently, take your child to his or her doctor or nurse practitioner. Bedwetting is sometimes a sign that a child has another problem.

Child's Name _____

School Nurse _____

Date _____

School _____

School Phone Number (_____) _____



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